



Nichinan (Pole and Line Fishing) Grilled Bonito Dish



Two kinds of bonito (katsuo in Japanese) sashimi, are seasoned with each restaurant's original recipe, broiled on a shichirin (a small charcoal grill), and are placed on rice before being served. You can also enjoy this dish as ochazuke, by pouring soup over it. You will find this dish at 9 restaurants around the city and costs 1,500 yen.

Location/View	NichinanCity,Miyazaki Prefecture ,887-0000		
Access	30 min.walk from port(3km)		
Season	Year-round	Parking for tour buses	
Related links	NichinanIpponduri Bonito dish Promotion conference http://www.icchaga.net/aburi/		

Contact Us[Tourism and Sports Section Nichinan City Hall]

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Website:<http://www.kankou-nichinan.jp/>



Obi-Tempura



Obi-tempura, made by mixing fresh minced fish with tofu, brown sugar, and miso, is a dish that has a slightly sweet and mild flavor. People in the Obi area have passed down this recipe since the Edo period.

Location/View	Obi NichinanCity,Miyazaki Prefecture ,889-2535		
Access	Travel by tour:20 min. via car from berth(10Km) Individual travel:5 min. walk from Miyazaki traffic Imamachi Bus stop bus stop(10km from port)		
Season	Year-round	Parking for tour buses	20 buses
Related links	GansoObiten-Honpo http://obiten.co.jp		

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Nichinan Specialty Fish Noodles (gyoudon)



Gyoudon, one of Nichinan's specialties, is a dish made with minced flying fish. It is a healthy dish that is high in protein, low in calories, and rich in DHA content. It is served at restaurants around the city.

Location/View	NichinanCity,Miyazaki Prefecture ,887-0000		
Access	30 min.walk from port(3km)		
Season	Year-round	Parking for tour buses	
Related links	KankouNichinan no Tabi (Sightseeing in Nichinan city website) http://www.kankou-nichinan.jp/		

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Aburatsu Port Tourist Information

CRUISE PORT GUIDE OF JAPAN

Tourist Information at each Port

<http://www.mlit.go.jp/kankocho/cruise/>

Aburatsu Shopping Arcade

By Foot

Shopping

The Aburatsu Shopping Arcade, located in downtown Aburatsu, is a commercial area which includes SapiaNichinan Shopping Center, NichinanYamakataya department store, and Iwasaki Shopping Street. In the shopping area are many stores that sell clothing, general merchandise, souvenirs, and food products.

Location/View	Aburatsu,NichinanCity,Miyazaki Prefecture ,887-0001 MAP		
Access	30 min. walk from port(3km)		
Season	Year-round	Parking for tour buses	5 buses
Related links	SAPIA-Nichinan Shopping center website http://sapia.jimdo.com/ Nichinan-Yamakataya Dept. Store website http://www.yamakataya.co.jp/shop/nichinan		

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Obi Castletown

By Public Transport

Main Attractions

This area flourished as the 51,000 "koku" (rice yield) castle town of Lord Ito of the Obi domain. In 1977, the townscape, where gates that represent old samurai residences and quaint stone and plaster walls still remain, was selected as Preservation Districts for Groups of Traditional Buildings by the Japanese government. There are many other historic places you can visit such as Japanese gardens and museums.

Location/View	4-2-20-1 Obi,NichinanCity,Miyazaki Prefecture ,889-2535 MAP		
Access	Travel by tour:15 min. via car from berth(8km) Individual travel:5 min. from Miyazaki traffic Imamachi Bus stop bus stop(8km from port)		
Season	Year-round	Parking for tour buses	20 buses
Related links	KankouNichinan no Tabi (Sightseeing in Nichinan city website) http://www.kankou-nichinan.jp/sees/history/obi-jyokamachi.html Obi-Castle town preservation meeting http://obiyo.com/		

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Udo Shrine

By Public Transport

Main Attractions

Udo Shrine (Udo-jingu in Japanese), which is described in the folktale "Umisachihiko and Yamasachihiko," is an unusual shrine even by Japanese standards. The bright vermilion-lacquered main hall of the shrine is located inside a cave which is on the tip of a cape that overlooks the Pacific. Near the main hall, you can throw un-dama (fortune balls) that are said to make the thrower's wish come true. Men throw these un-dama with their left hand and women with their right hand, aiming for a square hole in the kameishi (turtle rock).

Location/View	3232 Miyaaura,NichinanCity,Miyazaki Prefecture ,887-0101 MAP		
Access	Travel by tour:15 min. via car from berth(12km) Individual travel:3 min. from Miyazaki traffic Udo-Jingu shrine entrance Bus stop bus stop(12km from port)		
Season	Year-round	Parking for tour buses	15 buses
Related links	KankouNichinan no Tabi (Sightseeing in Nichinan city website) http://www.kankou-nichinan.jp/ Udo-Shinto shrine website http://www.udojingu.com/		

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Aoshima Island

By Public Transport

Main Attractions

Aoshima is a small island, just 1.5 km around. The island is surrounded by Oni no Sentakuita (the Ogre's Washboard), a national natural treasure. Livistona trees, also a natural treasure, as well as many other subtropical plants grow natively on Aoshima. Located on the island is Aoshima Shrine, where three deities (Hikohohodemi no Mikoto, Toyotamahime no Mikoto, and Shiozutsu no Okami) are enshrined. The shrine is said to have good fortune for marriage, easy childbirth, safe sea travel, and traffic safety.

Location/View	2-13-1 Aoshima, Miyazaki-shi, Miyazaki ,880-0834		
Access	Travel by tour:40 min. via car from berth(30Km) Individual travel:10 min. walk from Kyushu Railway Company Nichinan-Line Aoshima Station(30Km from port)		
Season	Year-round	Parking for tour buses	10 (for charge)
Related links	miyazaki city tourism(Aoshima) http://www.miyazaki-city.tourism.or.jp/en/sightseeing/spcat01/spot01.html Aoshima shrine https://aoshima-jinja.jp/		

Contact Us[miyazaki city tourism association]

TEL:+81-985-20-8658 Website:<http://www.miyazaki-city.tourism.or.jp/en/index.html>



Horikawa Canal

By Foot

Main Attractions

Horikawa Canal (HorikawaUnga in Japanese) was built over a span of two years and four months under the order of Ito Sukezane from the fifth generation of local lords, who ruled Obi Province. The canal was built in 1683 to transport Obi cedar. Along the canal are AkarengakanSoko (the red brick warehouse) which was built in 1922, the Horikawa Bridge, and the Horikawa Historical Museum, which provide a glimpse at the old townscape.

Location/View	1-1-3 Aburatu,NichinanCity,Miyazaki Prefecture ,887-0001		
Access	30 min. walk from port(3km)		
Season	Year-round	Parking for tour buses	5 buses
Related links	KankouNichinan no Tabi (Sightseeing in Nichinan city website) http://www.kankou-nichinan.jp/sees/history/horikawa-unga.html		

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Cape Toi

By Public Transport

Main Attractions

Cape Toi (ToiMisaki in Japanese) is a tourist attraction where you can watch wild horses. It is a pasture which was set up in 1697 and kept by the han (domain). The horses have been raised through year-round grazing, a method that does not require a great deal of care, for the last 300 years or so. Therefore, their reproduction has been completely left up to nature. You can also go to the visitor center and learn about the ecology of the Misaki horses.

Location/View	42-1 Ohnou,KushimaCity,Miyazaki Prefecture ,888-0221		
Access	Travel by tour:50 min. via car from berth(45km) Individual travel:50 min. via car from port(45km)		
Season	Spring	Parking for tour buses	4 buses
Related links	Kushima City Tourism and Products Association (Cape Toi) http://kushima-city.jp/toi/		

Contact Us[Kushima city Tourism Association]

TEL:+81-987-72-0479 E-MAIL:kusi-kan@watch.ocn.ne.jp

Website: <http://kushima-city.jp>





Traditional Nichinan Taihei Dance

By Public Transport

Topics

The Nichinan Taihei dance is a traditional dance that has been passed down in the Obi area since the Edo Period. Samurai, dressed in a kinagashi (a casual men's kimono) and a straw hat (pulled down over their eyes), and commoner men, wearing short kimonos and headbands, perform the taihei-odori. They dance elegantly to the sound of taiko drumming and shamisen (a traditional three-stringed instrument) melody in a BugeiJuhappan (the eighteen skills of martial arts) style. The dance has two styles: the tsurugumi (crane group) style of the Imamachi area and the kamegumi (turtle group) style of the Honmachi area. These two styles have different dance movements and lyrics.

Location/View	4-2-20-1 Obi,NichinanCity,Miyazaki Prefecture ,889-2535		
Access	Travel by tour:15 min. via car from berth(8km) Individual travel:5 min. walk from Miyazaki traffic Imamachi Bus stop bus stop(8km from port)		
Season	Autumn	Parking for tour buses	20 buses
Related links	KankouNichinan no Tabi (Sightseeing in Nichinan city website) http://www.kankou-nichinan.jp/sees/culture/taiheidori.html		



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Obi Castletown Walking Tour Tabe-aruki/ Machi-aruki

By Public Transport

Topics

This walking route map is a great bargain, which includes vouchers that can be used at any five of the stores located near Obi Castle, as well as free-admission tickets for places such as history museums. The vouchers can be exchanged for local specialty dishes, general merchandise, and even souvenirs. While taking a stroll around the castle town, you can visit places with historic connections or try out different restaurants and enjoy the townscape.

Location/View	4-2-20-1 Obi,NichinanCity,Miyazaki Prefecture ,889-2535		
Access	Travel by tour:15 min. via car from berth(8km) Individual travel:5 min. walk from Miyazaki traffic Imamachi Bus stop bus stop(8km from port)		
Season	Year-round	Parking for tour buses	20 buses
Related links	KankouNichinan no Tabi (Sightseeing in Nichinan city website) http://www.kankou-nichinan.jp/tourisms/6908/ Obi-Castle town preservation meeting http://obiyo.com/		



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Welcoming Events on the Pier and Tourist Information Booths

By Foot

Topics

When passenger ships arrive and depart from the port, attractions and Tourist Information booths are set up to welcome the tourists at the piers where the ships land. In addition, passengers are warmly welcomed with the local taste through such activities as product fairs stocked with regional products.

Location/View	Aburatsu,NichinanCity,Miyazaki Prefecture ,887-0001		
Access	1 min.(0km)		
Season	Year-round	Parking for tour buses	120 buses
Related links	Ports of Miyazaki Prefecture https://www.pref.miyazaki.lg.jp/kowan/shakaikiban/kasen/m-port/cruise/index.html		

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Website:<http://www.kankou-nichinan.jp/>





Experience of Forest therapy

only one

By Foot

Topics

Kitago-cho, Nichinan City, the base of Forest Therapy, is a place rich in nature, such as Inohae Valley, Hanatate Park, and Kitago Onsen. You can touch the nature, enjoy the four seasons with your five senses, and be sure to be healed. There are also two walking roads, making it a course where you can enjoy nature

Location/View	Gonohara,KitagoCho,NichinanCity,Miyazaki Prefecture ,889-2402		
Access	Travel by tour:30 min. via car from berth(20km)		
Season	Year-round	Parking for tour	
Related links	KankouNichinan no Tabi (Sightseeing in Nichinan city website) http://www.kankou-nichinan.jp/ NPO Gonharu (information portal site) http://gonharu.info/		

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